

## SLEEP HYGIENE EDUCATION

### WHAT IS SLEEP HYGIENE EDUCATION?

Sleep Hygiene Education consists of information to help you better understand behaviors and lifestyle habits that interfere with sleep. It also provides specific steps you can take to improve sleep. Sleep Hygiene Education is generally provided in one or two visits with a primary care or other provider and does not involve ongoing treatment with a therapist. Sleep Hygiene Education is one part of CBT for Insomnia treatment that is sometimes provided separately for those with more mild sleep problems.

### WHAT WILL I DO IN SLEEP HYGIENE EDUCATION?

As part of Sleep Hygiene Education, you will receive information to help you understand behaviors and habits that affect sleep. This education can help you identify and change things in your daily life that may be affecting your sleep. Examples of sleep hygiene tips include:

- Go to sleep and wake up the same time each day
- Avoid caffeine and alcohol for at least 4-6 hours before bed
- Try to not take naps during the day, or at least from mid afternoon on
- Keep from eating large meals before bed

### HOW LONG DOES SLEEP HYGIENE EDUCATION TAKE?

Sleep Hygiene Education is usually provided in 1-2 sessions.

### WHAT ARE THE RISKS OF SLEEP HYGIENE EDUCATION?

There are few risks associated with Sleep Hygiene Education.

### HOW EFFECTIVE IS SLEEP HYGIENE EDUCATION?

Sleep Hygiene Education is most helpful for people with mild sleep problems and who are motivated to change their sleep habits. By itself, it is not as effective as full CBT for Insomnia treatment, especially for more moderate to severe insomnia.